

# Pathways Yoga

## Setting Intentions

While intentions are often set before yoga practice, intentions can be set any day any time.  
They are simply a reminder to live your life the way you would like!

Intention #1: \_\_\_\_\_

Things I can do to live my intention:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Intention #2: \_\_\_\_\_

Things I can do to live my intention:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Intention #3: \_\_\_\_\_

Things I can do to live my intention:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**"Our intention creates our reality."**

-Wayne Dyer